

Dec. 29, 1999

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To the commissioner of the FDA,

There is a proposition before your agency (Docket #94P-0036) to require processed food makers to list the trans-fat content of the product. Such should be listed on the ingredients label alongside the content of saturated fats. Please approve the proposition.

Processed food makers do list hydrogenated oils used in processing foods. But, few if any, consumers know that they do it to extend shelf life of their products. Worse, few if any, consumers read the ingredients list. And even fewer know that hydrogenation of oils creates trans-fats. And, even fewer know that trans-fats -- disfigured fat molecules -- wreak havoc on the cells of humans.

I have written to 11 makers of processed foods and all have replied that hydrogenated oils are approved by the FDA. They say, in effect, "Don't bother us. The FDA says it's OK."

The informed consumer -- who knows that the latest research on trans-fats shows them to be more damaging to human health than saturated fats -- is stuck somewhere between the researchers, the manufacturers, and the FDA bureaucrats.

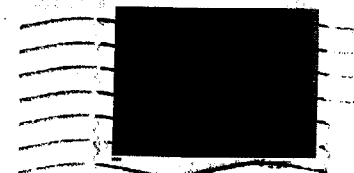
Hydrogenated oils are used in pastries, cookies, crackers, baked goods, soups, French fries, pies, and a hundred other canned, boxed or frozen foods.

Why do you bureaucrats let uninformed consumers eat food containing hydrogenated oils without warning them it is damaging their health?

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94P-0036

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